



Northbrook Summer Hockey 2019

Registration for the programs will be available on the following websites:

Northbrook Hockey League (NBHL) – <http://www.northbrookbluehawks.org>

Northbrook Park District – nbparks.org

All Hockey programs run by the Northbrook Hockey League (NBHL) will be full equipment.

REGISTER EARLY. In the past, programs have filled quickly and are then closed to additional registration. NBHL/NBJS programs will not be prorated. Any refunds for players dropping after registration are subject to a \$20 processing fee. Programs may be cancelled after June 25th if there is not sufficient registration.

AND DON'T FORGET...

July 4th parade – NBHL will be in the July 4th Northbrook parade. Check the website for more information and how to participate.

Contacts:

Rich Blakey (Rblakey30@gmail.com)

NBHL Clinics

June Progressive Powerskating Clinics (PW and BTM)

Cost: \$200 per skater or \$60 per week (a la carte) - minimum 20, maximum 35 participants

These sessions will be run by Zach Loesch and are designed to improve, balance and edge control, knee bend, stride and recovery, and stops, starts, and acceleration

	Date	PEEWEE		BANTAM	
		Time	Location	Time	Location
Week1	2-Jun	6:00 - 7:15 PM	Mt. Prospect	7:25 - 8:40 PM	Mt. Prospect
	6-Jun	5:50 - 6:50 PM	Northbrook SC	7:00 - 8:00 PM	Northbrook SC
Week2	9-Jun	6:00 - 7:15 PM	Mt. Prospect	7:25 - 8:40 PM	Mt. Prospect
	12-Jun	6:50 - 7:50 PM	Northbrook SC	8:00 - 9:00 PM	Northbrook SC
Week3	16-Jun	6:00 - 7:15 PM	Mt. Prospect	7:25 - 8:40 PM	Mt. Prospect
	19-Jun	6:50 - 7:50 PM	Northbrook SC	8:00 - 9:00 PM	Northbrook SC
Week4	23-Jun	6:00 - 7:15 PM	Mt. Prospect	7:25 - 8:40 PM	Mt. Prospect
	26-Jun	6:50 - 7:50 PM	Northbrook SC	8:00 - 9:00 PM	Northbrook SC

July/August for Peewee and Bantam players: July 7 – August 8

Cost: \$275 (minimum 20, maximum 35 participants)

All goalies are free to attend the July and August clinics at their level. If goalies are going to attend a clinic at no cost, they must inform Rich Blakey (rblakey@gmail.com)

OFF-ICE component: 10 sessions focused on footspeed, agility, core/balance, and interval training

ON-ICE component: 10 sessions focused on skating, puckhandling, and battles/cross ice games

OFF-ICE – PEEWEES and BANTAMS		
Day/Dates	Time	Location
Sundays July 9 – Aug 13	TBA (BTM only)	TBA (BTM only)
Thursdays July 11 – Aug 8	5:00 – 6:00 PM (PW and BTM)	Wood Oaks Hill (PW and BTM)

ON-ICE – PEEWEES			ON-ICE – BANTAMS		
Day/Dates	Time	Location	Day/Dates	Time	Location
Sundays July 7 – Aug 4	7:25 – 8:40 PM	Mt. Prospect	Sundays July 7 – Aug 4	6:00 – 7:15 PM	Mt. Prospect
Wednesdays July 10 – Aug 7	6:50 – 7:50 PM	Northbrook SC	Wednesdays July 10 – Aug 7	8:00 – 9:00 PM	Northbrook SC

July/August for Mites and Squirts: July 9 – August 8

Open to all (MITE/SQUIRT) players looking get on the ice weekly leading up to Fall Tryouts.

Cost: \$120 for SKILLS ONLY

\$55 for 3v3 ONLY

\$160 for BOTH

(minimum 20, maximum 35 participants)

Level	Mite	Squirt	
Day	Thursday	Tuesday	Thursday
Dates	Jul 11 - Aug 8	Jul 9 - Aug 6	Jul 11 - Aug 8
SKILLS Time	4:10 - 5:10 PM		5:50 - 6:50 PM
3v3 Time	5:10 - 5:40 PM	6:40 - 7:20 PM	
Location	NB Sports Center	NB Sports Center	NB Sports Center

July/August for Girls: NorthShore Warhawks July 11 to August 8

All Girls hockey skills.

U12 7:20 – 8:20pm at Northbrook SportsCenter

U14 8:30 – 9:30pm at Northbrook SportsCenter

See the [Warhawks website](#) for further information.

PreSeason Day Camp – August 12 - 16

Here is your chance to get back on the ice for the upcoming fall season. All on ice sessions are 90 – 120 minute based on level, and off ice is 1 hour. Players should bring an off ice stick and have gym shoes, shorts, t-shirts as well as full equipment for all ice sessions.

Minimum is 20 participants, maximum is 35 participants.

Level	Mites	Squirts	PeeWee	Bantam
Days	M-F	M-F	M-F	M-F
Drop off	8:30am	8:15am	11:15am	11:45am
Pick up	11:30am	11:45am	3:00pm	3:45pm
Location	Northbrook SC	NB SC	NB SC	NB SC
Cost	\$250	\$265	\$280	\$295

Daily schedule

On ice	8:30 – 9:50am	10 – 11:30am	11:40am – 1:20pm	1:30 – 3:30pm
Off ice	10:15 – 11:15am	8:15 – 9:30 am	1:45 – 2:45pm	12 – 1:00pm

Additional information and important dates

Bluehawk pre-season skates will be August 19 and tryouts will begin on or about September 2
 Jr Spartan tryouts will be August 25~28

Jr. Spartans Power Skate Clinic

This clinic focuses on developing and improving individual skating techniques, power and agility and is for ages 4 through 9.

	Session 1	Session 2
Dates:	June 11 – July 9	July 16 – August 13
Time:	5:50 – 6:30 pm	5:50 – 6:30 pm
Days:	Tuesdays	Tuesdays
Cost:	\$99 Res/\$125 Non-Res	\$99 Res/\$125 Non-Res

Northbrook Park District Camps

Please contact the Park District to register for the classes and camp listed below and [here](#). All participants in the Northbrook Park District classes should wear a helmet with a mask, elbow pads, shin pads and gloves. There are additional Classes in May/June on Thursday evening and Saturday morning.

The following classes will be offered on Tuesday nights starting June 11:

1. Learn to Skate Hockey (4-18 year olds)
2. Learn to Play Hockey (4-18 year olds)
3. Pre-mites (5-8 year olds)
4. 3 on 3 cross ice (5-13 year olds)
5. Intro to Girl's Hockey (4-13 year olds)

Hockey Training Academy

Birth year: Ages 5 to 12

(Camps for 5–8 year-olds and 9–12 year olds are daily from 8:15am – 2:45pm)

Players focus on training and improving skills through concentrated exercises and drills coached by NBHL staff. Interested in being a goalie? Individual instruction and a discount are available.

All participants will be required to wear full equipment. Swimming option is available daily.

Call 847.291.2993 for more details.

Registration can be made by the week:

Weeks	Cost
July 8 - 12	\$335 Res/\$420 Non-Res
July 15 – 19	\$335 Res/\$420 Non-Res
July 22 – 26	\$335 Res/\$420 Non-Res
July 29 – August 2	\$335 Res/\$420 Non-Res
August 5 – 9	\$335 Res/\$420 Non-Res